



## New Jersey Department of Children and Families Policy Manual

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Issuance:	49	<b>School Wellness and Nutrition</b>	Revised:

**SUBJECT:** School Wellness and Nutrition

**EFFECTIVE DATE:** May 22, 2006

**REVISED DATE:** August 7, 2006

### A. OBJECTIVE

To establish a policy for Department of Children and Families (DCF) and Department of Human Services (DHS) State facility education programs regarding nutrition requirements, physical activity and other school-based activities promoting student health, wellness and nutrition education that meets the Federal and State guidelines and incorporates the New Jersey Model School Nutrition Policy.

### B. STANDARDS

Nutrition education is recognized as a means to positively influence students' knowledge and behaviors concerning wellness which shall be implemented in all DCF and DHS State facility education programs.

All foods available in DCF and DHS State facility education programs shall, at a minimum, meet the nutrition standards indicated in this policy and the New Jersey Model School Nutrition Policy (Attachment 1).

Regular participation in physical activities provides opportunities for students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, and to understand the short/long term benefits of a physically active and healthy lifestyle.

DCF and DHS State facility education programs shall maintain an environment and culture that provides and promotes consistent wellness messages and is conducive to healthy eating and being physically active.

DCF and DHS State facility education programs shall ensure that reimbursable meals meet the program requirements and nutritional standards set forth under the National School Lunch Program (7 CFR Part 210) and the School Breakfast Program (7 CFR Part 220) and as contained in the New Jersey Model School Nutrition Policy (Attachment 1).

## **C. PROCEDURES**

1. DCF and DHS State facility education programs shall, at a minimum, implement the following Nutrition Education goals:
  - a. Students in DCF and DHS education programs receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
  - b. Nutrition education is incorporated into health instruction or other appropriate area of the curriculum and shall include:
    - 1) instruction in principles of “healthy eating;”
    - 2) instruction in the value of choosing fresh fruits and vegetables, low fat milk and whole grains; and
    - 3) encouragement to consume all components of the school lunch.
  - c. Nutrition education is offered in the school dining area(s) as well as in the academic classroom, with coordination between food service staff, as appropriate, and teachers.
  - d. Students receive consistent nutrition messages throughout the total school environment.
  - e. State and DCF education curriculum standards and guidelines include both nutrition and physical education.
  - f. Nutrition is integrated into the health education curricula and/or core curriculum as appropriate (e.g., math, science, language arts).
  - g. DCF and DHS education programs link nutrition education activities with other school health programs.

- h. Staff who provide nutrition education have appropriate training.
    - i. Nutrition education activities and promotions involve parents, students and the community.
- 2. DCF and DHS State facility education programs shall provide students opportunities for daily physical activity.
  - a. The minimum standard shall be 150 minutes per week of health, physical education and safety instruction.
  - b. Whenever possible, DCF and DHS education programs should incorporate additional daily physical activities for students, beyond the 150 minutes per week minimum.
- 3. All foods served in DCF and DHS State facility education programs, including snacks and vending machine foods, shall comply with the requirements of the NJ Model School Nutrition Policy.
- 4. The ES, where applicable, shall establish and manage the school lunch and breakfast program according to the following:
  - a. DCF and DHS education programs shall provide a dining environment that is pleasant. Factors for consideration include adequate space, furniture and messages and posters, including student-made projects that promote healthy eating habits.
  - b. Adequate time for the student meal service, including preparation and consumption, shall be provided. The ES shall periodically assess the students' dining schedule to determine that the time allotted is adequate.
  - c. The ES shall establish a school schedule that takes into consideration the time of the breakfast and lunch periods in relation to recess/physical education classes.
- 5. The ES shall additionally ensure the school observes the following:
  - a. Prohibit the use of food as a reward or a punishment;
  - b. Prohibit the denial of student participation in recess or other physical activity as a form of discipline;
  - c. Prohibit the cancellation of recess or other physical activity time for instructional make-up time;

- d. Ensure fundraising efforts involving the sale of snacks and beverages meet the nutritional standards identified in the NJ Model School Nutrition Policy;
  - e. Provide and/or secure on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education; and
  - f. Develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
6. The implementation of this policy shall be measured and assessed, at a minimum, annually by the ES, the Office of Education Manager of Operations, and other individuals, as may be appropriate.
7. As appropriate, school personnel, students, Regional Administrators and parents, shall be afforded an opportunity to comment on the review and revision of this policy.

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Attachment